

DINNERLY



Balanced Sweet Potato Dhal with Broccolini and Toasted Cashews



30 minutes



2 Servings

Hello dhal-ing! Made with creamy, fibre-rich red split lentils, this comfort classic comes with an extra boost of goodness from sweet potato, broccolini and cashews.

WHAT WE SEND

- 1 sweet potato
- 1 bunch broccolini
- coriander
- 100g red split lentils
- 10g masala seasoning¹⁷
- 200ml coconut milk
- 40g cashews¹⁵

WHAT YOU NEED

- 2 garlic cloves
- 1½ tbs vegetable oil
- 1 tbs tomato paste
- 1½ tbs tomato sauce

TOOLS

- medium saucepan with lid
- small frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 740kcal, Fat 43.5g, Carbs 56.5g, Proteins 23.8g



1. Prep ingredients

Peel the **sweet potato** and cut into 1cm chunks. Cut off the **broccolini** florets, then cut the stems into 1cm chunks. Pick the **coriander** leaves and finely chop the stems, keeping them separate. Crush or finely chop **2 garlic cloves**.



2. Soften sweet potato

Heat **1½ tbs vegetable oil** in a medium saucepan over medium heat. Add the **sweet potato** and cook, stirring, for 5 mins or until softened. Add the **garlic** and cook, stirring, for 1 min or until fragrant. Add the **chopped coriander stems, lentils, 3 tsp masala seasoning** and **1 tbs tomato paste**. Cook, stirring, for 1 min or until fragrant.



3. Simmer dhal

Add **400ml water** and **150ml coconut milk** to the lentil mixture and bring to the boil. Reduce the heat to medium and cook, covered, stirring occasionally, for 15-18 mins until the lentils are tender and the sauce is slightly reduced.



4. Toast cashews

Meanwhile, combine the **remaining coconut milk** and **remaining masala seasoning** in a bowl. Put the **cashews** in a cold small frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan.



5. Serve up

Add the **broccolini** to the dhal, stir to combine and cook, uncovered, for 3 mins or until just tender. Remove the pan from the heat. Stir in **1½ tbs tomato sauce**. Taste, then season with **salt and pepper**. Divide the **dhal** among bowls. Scatter over the **cashews** and **coriander leaves**. Drizzle with the **spiced coconut dressing** and enjoy!



6. Did you know?

When cooking lentils, it's best not to add salt to the water as it prevents them from softening. Wait until they are cooked before you season them.